

Linda Clair
Seven-day Meditation Retreat
Kallara Conference Centre, Australia
30 November – 7 December 2019
Transcription from Audio Recordings

File 8a – Saturday morning guided meditation

Linda: So take a few deep breaths into the belly, and feel your body, just be aware of sensations in the body. And take your attention to the top of your head. Feel the sensation on the top of your head however it feels right now, and however it feels is perfect. Feel the sensation of your eyelids on your eyes, feel your breath going through your nostrils, feel your lips, your tongue touching your palate.

And keep breathing into the abdomen, into the belly. Feel your jaw, your chin. Sink into your body. Take your attention to your shoulders and feel your shoulders. Go to your left shoulder and go down your left arm to your left elbow and feel your elbow. Then down to your left hand and feel your hand, and feel your thumb and each finger. Feel your whole left arm. Then take your attention to your right shoulder and feel your shoulder. Go down your arm to your right elbow, then down your right hand, and feel you thumb and each finger.

Take your attention to your chest, and as you breathe in and out through the nose, feel your chest gently moving. Go down to the abdomen, and as your body breathes you can feel your abdomen rising and falling. Feel your knees, your feet. Feel your spine from the top of the spine down your back to the bottom of the spine. Feel your whole body, sitting here now.

So keep bringing your attention back to your body, back to your breath. For the next half-hour keep your body as still as possible. Hear the sounds around you with your body. So the silence that you're looking for, the peace that you're looking for, is in your body. It's not anywhere else. So look deeply within your body.